

GRIEF

Loss comes in many different events such as: our own impending death, loss of health, death or loss of health of someone we love, end of a relationships, loss of possessions, pet passing, loss or change or job, and more

Grieving is a process that takes great courage and lots of energy to move through.

You or someone you may know maybe experiencing the following:

- Y Feel **tightness in the throat** or **heaviness in the chest**
- Y Have an **empty feeling** in your stomach
- Y Loss of or increased **appetite**
- Y Feel **guilty** at times, **angry** at others, self or the loss
- Y Feel as though the **loss isn't real**, that it didn't really happen
- Y **Sense the loved ones presence**, like expecting the person to walk through the door at anytime
- Y Wander **aimlessly, forgetfulness**, or **don't finish** things you have started to do
- Y Have **difficulty sleeping** and **dream** of your loss frequently
- Y Feel **exhausted**
- Y Have a strong desire **to be with** the one you lost

Here are some tips that may assist with you what you are experiencing:

- Y **Spend time** with family, friends, neighbors, who have been through the same experience of grief and loss as you have been through
- Y Take enough time to get over the loss, everyone **reacts differently** so it is hard to estimate a normal grieving period
- Y **Express your feelings**, let yourself feel **sadness, anger** and other feelings and find a way to express these feelings through talking, crying, etc.
- Y Take care of your **physical health**. Be aware of any physical signs of stress or illness you may develop
- Y Come to **terms** with your loss. Move towards acceptance of your particular loss
- Y Make a **new beginning**, as the sense of grief becomes less intense, return to interests and activities
- Y **Get assistance** from a professional if you are having a hard time overcoming your grief on your own

Grieving is one of the most exhausting things we have to do. Family TLC therapists know how to help. Contact us now.

(705) 737-3513 or resources@familytlc.ca



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